

# Please read (and internalize) once a day until Rosh Hashanah!

## Three Simple Steps to *Ahavas Chinam*

### 1. EVERYBODY IS A PART OF ME

Hashem would not give us the Torah until we were united, *k'ish echad b'lev echad*. Why? Because no Yid can fulfill the entire Torah alone; only when we are one, unified entity can we keep the Torah fully.

Since we each have a part in each other's Torah, we share in the *zechus* of our fellow Yid's mitzvos, and share responsibility for his *aveiros*: *Kol Yisrael areivim zeh ba'zeh!* We are all parts of one *neshamah!*

If everyone is part of me, I will regard him as I do myself:

- I cannot hate myself – I cannot hate others.
- I would never prosecute myself – nor should I be *mekatreg* on others.
- I don't talk *lashon hara* about myself – I won't speak against others.
- I always forgive my failings – so shall I be forgiving to others.

### 2. ATTITUDE TOWARDS PEOPLE WHO STUMBLE

When we encounter someone who does not meet our "standards" – in *tzni'us*, in conduct, in speech – remember, he and I are one!

The outcome of this attitude:

- Feel compassion – not enraged passion
- Say a *tefillah* for him – not a harsh epithet, in speech or thought
- Act as his defending lawyer ("He could not overcome his *yetzer hara*") – not as his prosecutor ("*Rasha*, you are holding back the *geulah!*")

If we internalize this attitude and live by it, Hashem will treat us in kind.

Remember: "(Mashiach) Ben David will only come in a generation that is *kulo chayav*, entirely guilty, or *kulo zakai*, entirely guilt-free." How can our generation achieve the level of *kulo zakai*? When we judge every person *l'chaf zechus*, we define him as a "*zakay*." And if we do so, then Hashem in turn will judge all of Klal Yisrael accordingly – creating a generation that is *kulo zakai!*

### 3. REWARD: THE GOOD LIFE!

When someone causes us pain, remember: The blow is from Hashem, the person is just an agent, and whatever happened is for our good.

If this becomes our natural attitude, we cannot be sad, we cannot hate, we cannot harbor a grudge, forgiveness comes easily. The natural consequence is that we enjoy a good life, free of the weight of anger, envy, bitterness, and of nagging accounts with others. *Ahavas chinam* flows from within.

In addition, each *nisayon* gives us three invaluable rewards:

- We become better people.
- We are rewarded for our victory over the *yetzer hara*.
- "When a person is forgiving, Hashem forgives all his sins."

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